



National Nutrient Database for Standard Reference

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Statistics Report 09450, Naranjilla (lulo) pulp, frozen, unsweetened

Report Date: June 30, 2017 15:28 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per 100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ¹	g	93.05	3	0.412	92.23	93.48	2.0	91.282	94.825	1	Analytical or derived from analytical	--	04/2010
Energy	kcal	25	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Energy	kJ	103	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Protein ¹	g	0.44	3	0.072	0.31	0.56	2.0	0.127	0.748	1	Analytical or derived from analytical	--	04/2010
Total lipid (fat) ¹	g	0.22	3	0.010	0.21	0.24	2.0	0.177	0.263	1	Analytical or derived from analytical	--	04/2010
Ash ¹	g	0.39	3	0.032	0.35	0.45	2.0	0.25	0.523	1	Analytical or derived from analytical	--	04/2010
Carbohydrate, by difference	g	5.90	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Fiber, total dietary ¹	g	1.1	3	0.100	0.9	1.2	2.0	0.67	1.53	1	Analytical or derived from analytical	--	04/2010
Sugars, total ¹	g	3.74	3	0.672	2.64	4.96	2.0	0.851	6.635	1	Analytical or derived from analytical	--	04/2010

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Sucrose 1	g	1.72	3	0.914	0.7	3.54	2.0	-2.215	5.648	1	Analytical or derived from analytical	--	04/2010
Glucose (dextrose) 1	g	0.99	3	0.190	0.71	1.35	2.0	0.17	1.803	1	Analytical or derived from analytical	--	04/2010
Fructose 1	g	1.04	3	0.272	0.71	1.58	2.0	-0.131	2.211	1	Analytical or derived from analytical	--	04/2010
Lactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Maltose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Galactose 1	g	0.00	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Minerals													
Calcium, Ca 1	mg	8	3	1.406	5	10	2.0	1.819	13.921	1	Analytical or derived from analytical	--	04/2010
Iron, Fe 1	mg	0.35	3	0.102	0.15	0.47	2.0	-0.091	0.789	1	Analytical or derived from analytical	--	04/2010
Magnesium, Mg 1	mg	11	3	2.700	7	16	2.0	-0.566	22.666	1	Analytical or derived from analytical	--	04/2010
Phosphorus, P 1	mg	12	3	2.759	8	18	2.0	0.528	24.272	1	Analytical or derived from analytical	--	04/2010

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Potassium, K 1	mg	200	3	6.173	191	212	2.0	173.771	226.895	1	Analytical or derived from analytical	--	04/2010
Sodium, Na 1	mg	4	3	2.453	2	9	2.0	-6.253	14.859	1	Analytical or derived from analytical	--	04/2010
Zinc, Zn 1	mg	0.10	3	0.013	0.07	0.12	2.0	0.039	0.153	1	Analytical or derived from analytical	--	04/2010
Copper, Cu 1	mg	0.028	3	0.009	0.01	0.04	2.0	-0.012	0.068	1	Analytical or derived from analytical	--	04/2010
Manganese, Mn 1	mg	0.067	3	0.010	0.05	0.08	2.0	0.025	0.109	1	Analytical or derived from analytical	--	04/2010
Selenium, Se 1	µg	0.4	2	--	0.4	0.4	--	--	--	1	Analytical or derived from analytical	--	04/2010
Vitamins													
Vitamin C, total ascorbic acid 1	mg	3.2	3	2.789	0.2	8.8	2.0	-8.798	15.202	1	Analytical or derived from analytical	--	04/2010
Thiamin 1	mg	0.045	2	--	0.03	0.06	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
Riboflavin 1	mg	0.000	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Niacin 1	mg	1.450	2	--	1.45	1.45	--	--	--	1	Analytical or derived from analytical	--	04/2010

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Pantothenic acid ¹	mg	0.220	2	--	0.17	0.27	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
Vitamin B-6 ¹	mg	0.107	2	--	0.09	0.13	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
Folate, total ^{1 a}	μg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Folic acid	μg	0	--	--	--	--	--	--	--	--	Assumed zero	--	04/2010
Folate, food ¹	μg	3	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	04/2010
Folate, DFE	μg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	04/2010
Vitamin A, RAE ¹	μg	28	3	7.418	18	43	2.0	-3.508	60.323	1	Analytical or derived from analytical	--	04/2010
Carotene, beta ¹	μg	333	3	88.178	207	503	2.0	-45.98	712.82	1	Analytical or derived from analytical	--	04/2010
Carotene, alpha ¹	μg	4	3	0.686	3	6	2.0	1.506	7.414	1	Analytical or derived from analytical	--	04/2010
Cryptoxanthin, beta ¹	μg	10	3	1.731	7	13	2.0	3.037	17.929	1	Analytical or derived from analytical	--	04/2010
Vitamin A, IU ¹	IU	568	3	148.351	357	854	2.0	-70.151	1206.456	1	Analytical or derived from analytical	--	04/2010

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Lycopene ¹	µg	0	3	0.000	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Lutein + zeaxanthin ¹	µg	299	3	19.928	259	320	2.0	213.225	384.715	1	Analytical or derived from analytical	--	04/2010
Vitamin E (alpha-tocopherol) ¹	mg	0.75	2	--	0.53	0.97	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
Tocopherol, beta ¹	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Tocopherol, gamma ¹	mg	0.20	2	--	0.09	0.31	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
Tocopherol, delta ¹	mg	0.00	2	--	0	0	--	--	--	1	Analytical or derived from analytical	--	04/2010
Vitamin K (phylloquinone) ¹	µg	14.6	2	--	11.5	17.6	1.0	--	--	1	Analytical or derived from analytical	--	04/2010
Lipids													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015

Sources of Data

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 13G, 2009 Beltsville MD

Footnotes

^a Mean value contains data based on the analysis of 5-methyltetrahydrofolate, 10-Formyl folic acid, and 5-Formyltetrahydrofolic acid.